



PRESTIGELABS®

PRESTIGE PROTEIN

RECIPE GUIDE

MOCHA FLAVOR EDITION



MOCHA PROTEIN SMOOTHIE



TOOLS

- Blender



PREP TIME

- 5 Minutes

INSTRUCTIONS

1. Combine all ingredients in a blender.
2. Blend until smooth and creamy.

INGREDIENTS

- **1 scoop Prestige Mocha whey protein powder**
- 1 cup unsweetened almond milk
- 1/2 frozen banana
- 1 tsp cocoa powder
- Ice cubes



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

220

22g

5g

20g

PER SERVING:

220

22g

5g

20g





MOCHA-VANILLA PROTEIN PANCAKES



TOOLS

- Mixing bowl
- non-stick pan



PREP TIME

- 10 minutes

INSTRUCTIONS

1. Mix all ingredients in a bowl until smooth.
2. Heat a non-stick pan over medium heat.
3. Pour the batter to form pancakes and cook until bubbles form.
4. Flip and cook the other side until golden brown.

INGREDIENTS

- **1 scoop Prestige Mocha whey protein powder**
- **1/2 scoop Prestige Vanilla whey protein powder**
- 1/2 cup rolled oats
- 1 egg
- 1/2 tsp baking powder
- 1/4 cup almond milk
- Optional: sliced banana, mini-dark chocolate chips, and sugar free syrup on top



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION FACTS FOR
BATCH (2 PANCAKES TOTAL):

420

40g

12g

42g

PER SERVING
(PER PANCAKE):

210

20g

6g

21g



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MOCHA PUMPKIN SPICE PROTEIN MUFFINS



TOOLS

- Muffin tin
- mixing bowl
- oven



PREP TIME

- 10 minutes + 20 minutes (baking)

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. In a mixing bowl, combine all ingredients.
3. Pour batter into a greased muffin tin.
4. Bake for 20 minutes or until a toothpick comes out clean.

INGREDIENTS

- **1 scoop Prestige Mocha whey protein powder**
- **1/2 scoop Prestige Pumpkin Spice whey protein powder**
- 1/2 cup rolled oats
- 1/4 cup canned pumpkin
- 1 tsp baking powder
- 1 egg
- 1/4 cup unsweetened almond milk



CALORIES:



PROTEIN:



FAT:



CARBS:

**TOTAL NUTRITION FACTS FOR
BATCH (4 MUFFINS TOTAL):**

460

42g

12g

40g

**PER SERVING
(PER MUFFIN):**

115

10.5g

3g

10g



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NINJA CREAMI MOCHA ICE CREAM



TOOLS

- Ninja Creami,
- whisk or immersion blender
- freezer



PREP TIME

- 5 minutes (prep) + 24 hours (freeze)

INSTRUCTIONS

1. Mix protein powder, almond milk, and pudding mix in the Ninja Creami pint container.
2. Freeze for 24 hours.
3. Place frozen container into the Ninja Creami and press the "Lite Ice Cream" button.

INGREDIENTS

- **1 scoop Prestige Mocha whey protein powder**
- 1 cup unsweetened almond milk
- 1 tbsp vanilla instant pudding mix



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

190

22g

5g

15g

PER SERVING:

190

22g

5g

15g



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MOCHA-CHOCOLATE PROTEIN PUDDING



TOOLS

- Mixing bowl
- whisk



PREP TIME

- 5 minutes

INSTRUCTIONS

1. In a bowl, whisk all ingredients together.
2. Let the mixture sit for 5-10 minutes to thicken.
3. Stir and enjoy!

INGREDIENTS

- **1 scoop Prestige Mocha whey protein powder**
- **1/2 scoop Prestige Chocolate whey protein powder**
- 1/4 cup unsweetened almond milk
- 1 tbsp chia seeds
- 1 tsp cocoa powder
- Optional: fat-free Reddi Wip on top



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION FACTS FOR BATCH (2 PUDDINGS TOTAL):

290

35g

9g

18g

PER SERVING (PER PUDDING):

145

17.5g

4.5g

9g



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MOCHA PROTEIN ENERGY BITES



TOOLS

- Mixing bowl
- refrigerator



PREP TIME

- 10 minutes

INSTRUCTIONS

1. In a mixing bowl, combine all ingredients until a dough forms.
2. Roll the mixture into small balls.
3. Refrigerate for at least 30 minutes before serving.

INGREDIENTS

- **1 scoop Prestige Mocha whey protein powder**
- 1/2 cup rolled oats
- 2 tbsp almond butter
- 2 tbsp honey
- 1/4 cup unsweetened coconut flakes



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION FACTS FOR BATCH (6 ENERGY BITES):

600

30g

24g

60g

PER SERVING (PER ENERGY BITES):

100

5g

4g

10g



MOCHA PROTEIN MUG CAKE



TOOLS

- Microwave-safe mug
- microwave



PREP TIME

- 5 minutes

INSTRUCTIONS

1. Mix all ingredients in a microwave-safe mug.
2. Microwave on high for 60-90 seconds.

INGREDIENTS

- **1 scoop Prestige Mocha whey protein powder**
- 1 tbsp almond flour
- 1 egg
- 1/4 tsp baking powder
- 2 tbsp unsweetened almond milk



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

250

24g

10g

12g

PER SERVING:

250

24g

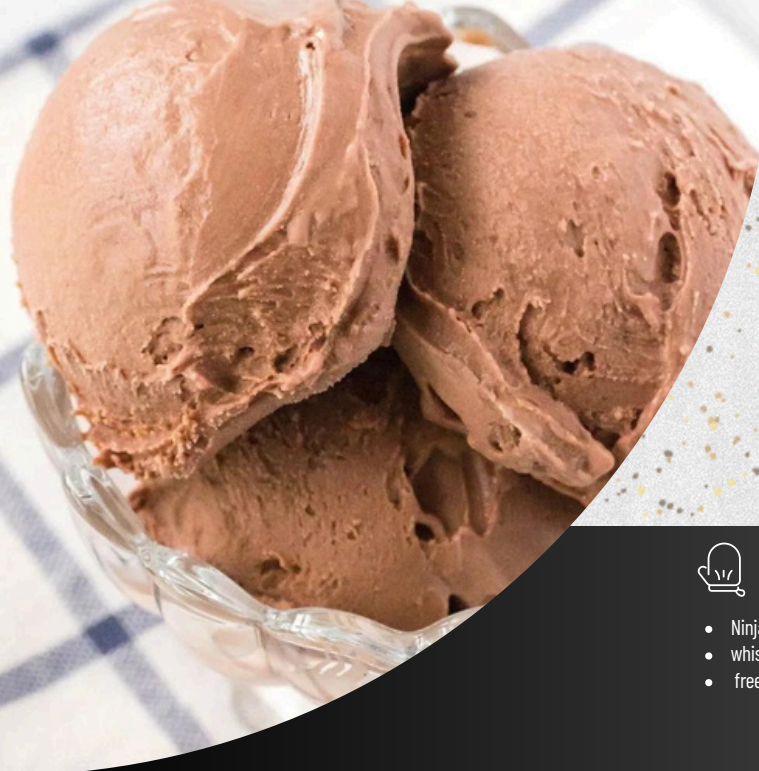
10g

12g



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NINJA CREAMI MOCHA PROTEIN FROZEN YOGURT



TOOLS

- Ninja Creami
- whisk or immersion blender
- freezer



PREP TIME

- 5 minutes (prep) + 24 hours (freeze)

INSTRUCTIONS

1. Mix all ingredients in the Ninja Creami pint container.
2. Freeze for 24 hours.
3. Place frozen container in the Ninja Creami and press the "Lite Ice Cream" button.

INGREDIENTS

- **1 scoop Prestige Mocha whey protein powder**
- 1 cup plain 0% Greek yogurt
- 1/4 cup unsweetened almond milk
- 1 tbs vanilla instant pudding mix



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

270

36g

5g

18g

PER SERVING:

270

36g

5g

18g



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MOCHA PROTEIN OVERNIGHT OATS



TOOLS

- Mixing bowl
- refrigerator



PREP TIME

- 5 minutes (prep) + overnight

INSTRUCTIONS

1. Combine all ingredients in a bowl.
2. Stir well and refrigerate overnight.
3. Stir before serving. Optionally, top with nuts or fruit.

INGREDIENTS

- **1 scoop Prestige Mocha whey protein powder**
- 1/2 cup rolled oats
- 1 tbsp chia seeds
- 1 cup almond milk



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION FACTS FOR BATCH (2 BOWLS TOTAL):

390

30g

10g

45g

PER SERVING (PER BOWL):

195

15g

5g

22.5g



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MOCHA PROTEIN CHIA PUDDING



TOOLS

- Mixing bowl
- refrigerator



PREP TIME

- 5 minutes (prep) + overnight

INSTRUCTIONS

1. In a mixing bowl, whisk all ingredients together.
2. Pour the mixture into a jar or bowl and refrigerate overnight.
3. Stir before serving. Optionally, top with fresh berries or a drizzle of nut butter for extra flavor.

INGREDIENTS

- **1 scoop Prestige Mocha whey protein powder**
- 2 tbsp chia seeds
- 1/2 cup unsweetened almond milk
- 1 tsp vanilla extract



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

250

22g

10g

14g

PER SERVING:

250

22g

10g

14g



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